



Updated Disclosure: Incense-Based Meditation and Sleep Timer System

Title:

Incense Meditation and Sleep Timer with Sequential Aroma Release and Practice-Specific Burn Durations

Inventor:

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Background:

Traditional meditation and sleep timers often rely on audio or visual cues that may disrupt deep meditative or unconscious states. Incense, long used in spiritual traditions, provides a silent, immersive, olfactory alternative to timekeeping. However, conventional incense lacks precision in duration, sequencing, or adaptability to structured practices such as meditation, lucid dreaming, or multi-phase sleep.

This invention proposes a non-digital, scent-based timer system built from custom-engineered incense forms. These are structured to release targeted aromas at timed intervals to support meditative stages or sleep phase alignment—facilitating lucid dreaming, gentle waking, or cognitive conditioning without digital distraction.

Summary of Invention:

The Incense Meditation and Sleep Timer uses specialized incense formats—such as sticks, cones, coils, and cylindrical pellets—each precisely engineered to burn in phases. These phases correspond to shifts in mental or physiological state, such as meditation depth, REM cycles, or waking transitions. The product provides a quiet, analog method of guiding practice or rest.

Advanced use cases include incense sticks engineered for full-night (6–8 hour) burns, capable of delivering distinct scents aligned with expected sleep phases, including lucid dreaming triggers and silent wake-up signals.

Meditation and Sleep Synchronization:

For Meditation:

- **Vipassana (45–60 min):**
 - Neutral wood scent (first 30–40 min)
 - Deep oud (last 15–20 min)
- **Kundalini Yoga (30–40 min):**
 - Sandalwood or citrus-based opening
 - Oud or resinous grounding scent to close

- **Trekchö / Dzogchen:**
 - Subtle Palo Santo or hinoki at onset
 - Oud phase begins as the practitioner drops into open awareness

For Sleep (8-Hour Stick):

- The incense stick is constructed in three primary segments:
 1. **First 1–2 hours** – *Soothing Base* (e.g., *Blue Tansy* + *Vetiver* + *Chamomile*): calming, sedative, lowers mental activity.
 2. **Middle 4–5 hours** – *Oud*: introduced periodically to support REM sleep recognition and lucid dream triggers.
 3. **Final 30–60 minutes** – *Sandalwood*: acts as a gentle, scent-based wake-up signal without alarm.

This configuration supports:

- Habitual recognition of REM cycles through scent pairing
- Subconscious cueing for lucidity training
- Passive aroma-based alarm without sound

Incense Form Variants:

- **Cones:** Layered with vertical scent transitions
- **Coils:** Burn over long durations with progressive aroma unfolding
- **Cylindrical pellets:** Stackable segments for phase marking (10–30 min each)
- **Segmented long sticks:** Suitable for 1–8 hour sessions; scent zones clearly engineered into length

- **Hybrid wax-incense disks:** For ambient vaporization instead of combustion

All forms support:

- Timed aroma phase transitions
 - Non-digital, olfactory-based session progression
 - Personal and ceremonial meditation or sleep environments
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Functional Claim:

An incense-based sensory timer system comprising:

- A shaped incense medium (stick, cone, coil, cylinder, or disk)
- Two or more internal or sequential aroma phases triggered via combustion or controlled vaporization
- A non-digital method for indicating session timing through olfactory progression rather than auditory or visual cues

Wherein said system is capable of guiding users through meditation, lucid dreaming, or sleep-to-wake transitions without disruption.

Optional Integration:

- May be combined with an electronic timer housing (e.g., Aroma Meditation and Sleep Timer) for hybrid use
- May include airflow-modulated burner stands for time-precision adjustment
- Can optionally include color indicators on stick body to denote scent phases visually (for training or pre-burn orientation)